

High School Planning Guide

Jefferson County High School

Dandridge, Tennessee

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College/Career Counselor**

INDEX

Applying to College	Page 5
How to Apply	Page 6
Before You Enroll	Page 7
Be A Good College Consumer	Page 8
Financial Aid	Page 9
Four-Year Plan	Page 3
Scholarships	Page 10
How to Apply	Page 11
How to Find	Page 12
Individual College Scholarship Opportunities	Page 30
Local Scholarship Opportunities	Page 15
Military Opportunities	Page 35
National Scholarship Opportunities	Page 20
Sample Letter	Page 13
Sample Application	Page 14
State Scholarship Opportunities	Page 25
Local College Information	Page 33
Staying Connected	Page 38

4-YEAR PLAN

Freshman:

- ◆ Build flexible schedule of classes based on career goals.
- ◆ Consider taking interest inventories to explore your career interests.
- ◆ Get involved! Join extracurricular activities and community service organizations.
- ◆ Start building your School Profile or Resume.
- ◆ Find out about summer jobs and/or volunteer opportunities.
- ◆ Begin scholarship search: Federal, state, college/technical school, local, private funding.

Sophomore:

- ◆ Re-evaluate your class selections to make sure you are meeting college/technical school requirements for admission. Find out about Advanced Placement (AP) classes.
- ◆ Explore college catalogs and other materials including financial aid. Visit colleges online.
- ◆ Update your School Profile with awards, honors, and athletic information.
- ◆ Continue participation in enrichment programs, i.e., leadership, volunteer, and summer jobs.
- ◆ Keep thinking about scholarships!
- ◆ If interested in military academy, start making contacts now.
- ◆ Consider Governor's School as a summer activity.

Junior:

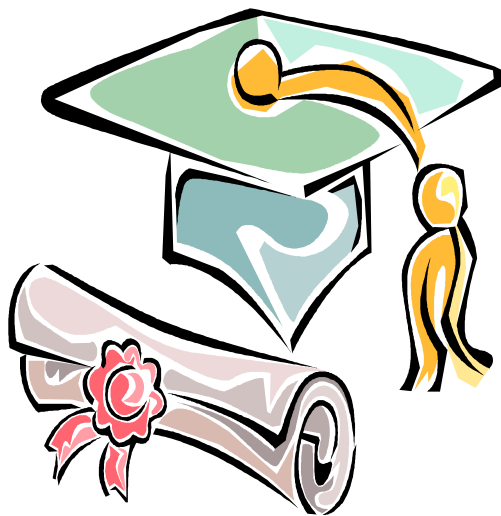
- ◆ Take the PSAT or PLAN (preliminary ACT) to prepare you for college entrance exams. These tests may also qualify you for certain scholarships.
- ◆ Take SAT and/or ACT test to practice taking entrance exams. Take ASVAB to help you develop your career interests for military or vocational options. Do PLATO practice tests.
- ◆ Maintain your grades. Many colleges base GPA for entrance on end of junior year. Be sure required classes are nearly completed.
- ◆ Develop a list of postsecondary schools. Talk with admissions representatives. Determine if you are eligible for Educational Talent Search (first generation college students and/or income criteria.)
- ◆ Scholarships! Many are designed specifically for juniors on the ball!
- ◆ Athletes - NCAA Clearinghouse eligibility - check out the requirements. Write to coaches at your target schools. Create a highlight tape and relevant articles.
- ◆ Art, drama, engineer, architect - Start developing your portfolio, audition tapes, writing samples or other evidence of talent. Update your school profile.
- ◆ Develop contacts in school and community for giving you recommendation letters.
- ◆ Military academy - Make contacts with admission boards. Contact Congressman to develop contact for recommendation.
- ◆ Read college mail you are starting to receive. Visit schools of your interest over the summer.
- ◆ Spring: Review previous SAT and/or ACT scores and sign up to take test again.

- ◆ Summer: Practice writing essays for college admissions. Decide if you are going to apply for early admission to a college. This requires fall deadline-prepare now.
- ◆ Consider Governor's School or other Leadership development activities.

Senior:

- ◆ September - Registration deadline for October ACT/SAT. Ask your counselor about the one-time fee waiver offered at JCHS.
- ◆ Review your transcript and courses to be sure you have met all requirements.
- ◆ Narrow down your lists of schools. Be sure you have "safe" and "reach" and realistic.
- ◆ Request applications for schools early. Visit schools.
- ◆ October - College Fairs (Carson Newman and others in the area) VISIT! Make contacts with admission representatives.
- ◆ Request teacher and counselor recommendations. Provide a copy of your School Profile so your recommendation can be personalized.
- ◆ Complete early action/early decision applications. Many merit-based scholarship applications due at this time also (i.e., UTK)
- ◆ Prepare for and take ACT/SAT. Be sure you have scores sent to your top schools.
- ◆ Make contact with recruiting officers for military options.
- ◆ Sit for Boards for military academies.
- ◆ Scholarships search is ongoing!
- ◆ November - Register for SAT subject tests. Register for December ACT/SAT.
- ◆ Attend Financial Aid night at JCHS.
- ◆ Attend Career Fair at WSCC Expo Center (in conjunction with TTC and WSCC)
- ◆ Assist parents with CSS Profile for colleges that require it.
- ◆ Continue to request recommendations for applications.
- ◆ Remember to keep up your grades. Schools do not want to see "Senioritis" effects.
- ◆ Consider job shadowing with a professional. See vocational counselor.
- ◆ December - Write essays and complete applications for colleges with January/February deadlines. Remember JCHS is closed over holidays so request needed information early.
- ◆ Talk with visiting high school alumni about their college experiences.
- ◆ January - Students can submit Free Application for Federal Student Aid (FAFSA). Send in early.
- ◆ Continue searching for scholarships. Contact colleges and technical schools directly for financial aid.
- ◆ February - Be sure all necessary information is sent to colleges. Follow up on your application packet.
- ◆ March - You will begin to receive notification letters of acceptance or denial. Perhaps re-visit your top choices.
- ◆ Many local scholarships have spring deadlines. Apply.
- ◆ April - Choose a school that fits your needs. Review financial aid packages and talk with financial aid officers. Notify college of your decision to attend and send deposit.
- ◆ May and June - Thank persons who wrote recommendation letters. Notify colleges you did not choose so they can admit others.
- ◆ Make final preparation contacts for military service.
- ◆ Ask JCHS to send final transcript to school of your choice.
- ◆ July and August - Work to help pay for college and have spending money.
- ◆ Read and stay ready for college or technical school.
- ◆ Attend orientation meetings offered by college or technical school.

HOW TO APPLY TO COLLEGE



COLLEGE APPLICATION HOW TO APPLY TO COLLEGE

1. Obtain current application form.
 2. Read form carefully before completing.
 3. Complete form. Type, if possible, or print neatly using BLACK ink.
 4. Answer all questions completely and accurately.
 5. Request copy of transcript to be mailed to college admission office.
 6. Take ACT or SAT and have results mailed to college.
 7. Be conscientious of admission and scholarship deadlines.
 8. Apply as early as possible.
 9. Complete any other steps requested by college.
 10. ASK QUESTIONS about anything you don't understand.
-

Sample Letter to Colleges (Date)

Mr. Michael Beube
Office of Admissions
Richland Community College
One College Park
Decatur, IL 62521

Dear Mr. Beube:

I have just worked with Discovers College Selection Service and, as a result, am interested in your institution.

I would appreciate it very much if you would send me the following materials:
a catalog, an application form, financial aid information, athletic scholarship information

My personal profile below will give you a general picture of my academic and extracurricular activities.

Address:	1234 SW Elm Road Apache Junction, AZ 85888
Social Security #:	010-10-1010
High School:	Junction Valley High
Graduation Date:	05/07
Test Scores:	ACT Composite: 24
Class Rank:	Top 50%
GPA:	2.9 on a 4.0 scale
AP Courses:	Biology
Main Activities:	Bowling Club, 4H Club, track team, peer tutor
Academic Interests:	Agriculture, education, coaching
Comments:	I am a hard worker and am motivated to learn. I will be the first in my family to attend college.

Thank you very much. I look forward to hearing from you soon.

Sincerely yours, (Name and Signature)

BEFORE YOU ENROLL IN A SCHOOL...

Questions to ask:

- ◆ Is the school accredited? Is it licensed by the State to provide the program I want?
- ◆ Does the school provide all the training I need for professional certification if my career requires it?
- ◆ If professional certification is required for employment, how many students enrolled in the school's program pass the certification exam?
- ◆ How long will it take to complete the program? How many hours a week will I be in class? How many hours of homework will I be expected to do?
- ◆ Will other schools accept the courses from this school if I decide to continue my education? (Check with the school to which you may transfer, and find out if they will accept your course work.)
- ◆ Can I get the courses I want at times that are convenient to me?
- ◆ Can I get a refund if I have to drop out?
- ◆ What are the attendance and grade requirements?
- ◆ Does the school have modern facilities and equipment? Will I be trained on state-of-the-art equipment used in the field I want to enter?
- ◆ Does the school have enough equipment to ensure all students will get to use it?
- ◆ What is the size of most classes? Will I have enough contact with my instructors?
- ◆ What will I have when I complete the program? A degree? A certificate?
- ◆ What does the school do to place graduates into jobs? Does the school provide free job placement services?
- ◆ How many graduates find jobs in their field?
- ◆ How much does the program cost? What does that include?
- ◆ Do I have to pay all expenses at once?

Provided by *Outreach Tennessee*, an educational Resource Sponsored by Volunteer State Student Funding Corporation.

BE A GOOD COLLEGE CONSUMER!

1. Consider all information about a school before you enroll.
2. Keep copies of all forms that you submit to the school in a safe place.
3. Read and be aware of the implications of all before signing them, and remember that loans must be repaid and grants are free.
4. The financial aid applications are available starting every January 1st; the earlier you apply for financial aid and scholarships, the more money you may be able to receive.
5. Notify the school and lenders of any changes in your name, address, or enrollment status.
6. Only borrow what you need and be realistic about what you can repay when you graduate.
7. Ask for help when you need it and write down the name of the person who helped you.
8. Have your academic and financial aid transcripts sent from the school you previously attended to the school you are going to attend.
9. If you are denied admission or financial aid, you can appeal; you can decline any part of your financial aid offer.
10. Attend an exit interview if you borrowed student loans.
11. You can contact the lender if you are having difficulty repaying your loans, and they may allow you to postpone or reduce your payments.
12. Fees are taken out of your student loans before any loans are disbursed.
13. Depending on the cost of the school, all your financial aid may be used to cover tuition and fees.
14. Be familiar with the policies of the school regarding registration, withdrawals, and refunds and fee payment.
15. If you plan to transfer to another school, you need to check with that institution as to whether it will accept the credits you are now taking.
16. You can look for outside resources for help with understanding the financial aid, admissions, and scholarship process.

HOW TO FIND FINANCIAL AID

- A. Apply to the college of your choice.
1. You must be accepted by the educational institution of your choice before they can offer you financial or scholarship aid.
 2. You must complete a Free Application for Federal Student Aid (FAFSA) and submit it to the college Scholarship Service.
 - a. Forms are available in college financial aid or admission offices, or high school guidance office.
 - b. Most financial aid is based upon need.
 - c. Financial aid packages are generally awarded to eligible applicants on a "first come, first served" basis. Therefore, it is wise to complete and submit all forms as early as possible. The priority deadline for the FAFSA is February 15.
- B. Financial Aid Packages consist of one or more of the following components:
1. Scholarships: awards which are given by the college, university, or other institution to students as outright gifts which do not have to be repaid.
 2. Grants: a form of scholarship usually provided by state or federal agencies.
 - a. Students must fill out special application forms to be considered for a Grant.
 - b. Grants do not have to be paid back.
 - c. The Grant amount is based mainly on family financial need.
 3. Loans: can be arranged through the college/university or through local banks.
 - a. Loans must be paid back, depending on the term of the loan.
 - b. Repayment of most loans does not start until several months after graduation.
 4. College Work Study: can be arranged through the work study office at the college/university. (Most jobs are campus-based.)
- C. The following information for student and parents is necessary to complete the federal financial aid form:
1. A completed IRS Form 1040A, 1040EZ, or 1040
 2. Untaxed Income
 3. Earned Income Credit
 4. Social Security Benefits
 5. Aid to Families With Dependent Children (AFDC/ADC)
 6. Child support received for all children
 7. Cash, savings, and checking accounts
 8. Real Estate and Investment Value (Don't include home)
 9. Real Estate and Investment Debt (Don't include home)
 10. Business Value
 11. Business Debt
 12. Investment Farm Value
 13. Investment Farm Debt

SCHOLARSHIPS



HOW TO APPLY FOR A SCHOLARSHIP

- A. Choose the scholarship(s) in which you are most interested.
 - 1. Be sure you understand all the requirements.
 - 2. Some scholarships require you to enter a specific vocation.

- B. Complete the application(s).
 - 1. Obtain proper forms from a high school guidance counselor, the public library, or the contact person.
 - 2. Fill out applications completely and accurately.
 - 3. Be extremely neat, whether typing or writing.
 - 4. Use black ink only.

- C. Prepare additional supportive materials.
 - 1. Request an official school transcript if needed.
 - 2. Arrange for personal recommendations if required.
 - a. Allow plenty of time for this to be completed.
 - b. Prepare a short biographical sketch for the person(s) you have asked for recommendations.
 - c. Provide a stamped, addressed envelope for the return of recommendations to the proper person.
 - 3. Include a resume` if appropriate.
 - 4. Write a short cover letter, identifying yourself and the scholarship you are seeking.
 - 5. Arrange all material neatly and in order.

- D. Submit the application before the deadline.
 - 1. Check with the guidance office to see whether the application should be returned there or mailed directly to the sponsoring organization.
 - 2. Be prepared to wait for a response.
 - 3. Use this time to prepare for a possible review.

- E. If you receive a scholarship, express your appreciation, and send a note of thanks. Keep in touch with the sponsors and let them know how your studies are progressing.

HOW TO FIND SCHOLARSHIPS ON THE INTERNET

The Internet is only one of the many ways to find scholarships and the largest resource available to the general public. If you are familiar with the Internet, the sites below should help you tremendously, but if you are not, here are some basic instructions for you to follow during your search.

You need to have the following information before you start:

Your E-mail address (if applicable)

College you would like to attend

Your family's annual income

Sports you play

Organizations you are a member of

You will need to have a personal ID (such as jdoe for John Doe) so that you can be identified. You will also need a familiar password that is longer than seven letters or digits that is only one word. If the scholarship search asks you to select more than one thing, you need to hold down the Ctrl key and use the mouse to select the second.

(Note: You should never give out your credit card number or social security number on the Internet.)

Following are some good scholarship sites:

<http://www.edsouth.org>

<http://www.collegeboard.com>

<http://www.collegenet.com/>

<http://scholarships.salliemae.com/>

<http://www.ed.gov/offices/OPE/>

<http://www.fastweb.com/>

<http://www.finaid.org/finaid/expan.html>

<http://www.finaid.org/finaid/srn.html>

<http://www.gocollege.com>

<http://www.students.gov>

<http://www.studentaid.ed.gov>

http://www.nacac.com/w_finaid.html

<http://www.review.com>

<http://www.scholarshipamerica.org>

<http://www.careersandcolleges.org>

SAMPLE LETTER OF INQUIRY FOR OUTSIDE SCHOLARSHIPS

This letter provides a sample format for an inquiry about private student aid funds. Of course, you must first identify foundations and organizations, which offer such assistance. You can get help finding the names and addresses of sources of private aid from a reference librarian. Once you have obtained that information, you will need to modify this letter in order to customize it to your own background and needs.

Date

Ms. T. Sample, Director
XYZ Organization
Moneytown, USA 99999

Dear Ms. Sample:

I am writing with regard to any student assistance that the XYZ Organization may offer to post-secondary bound students.

(Enter a concise paragraph about your background and goals. Try to show how you meet the requirements of the organization's financial aid program. If this is a letter to find out if the organization even offers aid, write a short paragraph about how your background and ambitions coincide with the mission of that organization.)

Please forward information to me about student financial assistance available through XYZ Organization, including how I might apply for the 2007-08 academic year. If you require any further information, please do not hesitate to contact me.

Thank you for your consideration.

Sincerely,

Your Name
Your Address
Your Telephone Number

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SAMPLE SCHOLARSHIP APPLICATION

Name (First, Middle, Last)

Address

City/State/Zip

Telephone: () _____

College Choice: _____

ACT or SAT Score: _____ Cumulative GPA: _____

=====
Honors and Awards: _____

Community Activities: _____

WorkActivities: _____

Extra-Curricular Activities: _____

Describe any financial consideration which the committee needs to know:

Describe why you should be a recipient of a scholarship, the major field of interest you plan to follow, and your proposed occupation:

Describe any personal characteristics and accomplishments that you believe the scholarship committee should know:

LOCAL SCHOLARSHIPS



**See the college/career counselor
for application forms and
specific application deadline dates.**

ADA JO BACON NURSING

Must be going into the nursing profession

Apply March

ALCOA FOUNDATION SCHOLARSHIP

Applicant must be son/daughter of Alcoa employee or retired employee

Highly competitive

Award - \$7,500

Must take SAT by December

Deadline announced

AMERICAN LEGION AUXILIARY SCHOLARSHIPS

Vara Gray Scholarship Fund:

6 - \$600 each; 3 - \$600 for nursing; 3 - \$600 for scholarship

Eligibility: Son or daughter of a veteran Tennessee resident; must be a senior

Apply March

APPALACHIAN REGIONAL COMMISSION

Information and application online: www.arc.gov

Apply October

CHESTNUT HILL COMMUNITY FUND

Available to seniors, or students already in college

Must be from the Chestnut Hill community

Three \$250 scholarships available

Apply March

CHESTNUT HILL HORSE SHOW SCHOLARSHIP

Apply March

CHESTNUT HILL RURITAN

Must be from the Chestnut Hill community

Apply March

CIVITAN AWARD

Scholarship based upon

Leadership, extracurricular activities, ACT score

Apply February

COACH CHARLES LEROY SHANNON MEMORIAL SCHOLARSHIP

Must be resident of Jefferson County

Active participant in one or more sports

Apply April

HORACE MANN SCHOLARSHIP

Parent must be a public school employee

Applicant must have a "B" average and 23 ACT score

Apply February

INTERACT CLUB SCHOLARSHIP

Must be senior member of Interact Club

Apply March

JAMES EDWARD OGLETHORPE SCHOLARSHIP

Senior with a GPA of 3.75 or above and ACT of 31 or SAT of 1370

Apply November

JEFFERSON COUNTY CHAMBER OF COMMERCE

Apply April

JEFFERSON COUNTY CRAFTS ASSOCIATION

Senior who plans on continuing education in art

Apply April

JEFFERSON COUNTY EDUCATION ASSOCIATION SCHOLARSHIP

Must be senior at Jefferson County High School
\$500 Scholarship

Apply April

JEFFERSON COUNTY HISTORICAL SOCIETY

Jefferson County High School Senior only
Essay required

Apply March

JEFFERSON COUNTY RETIRED TEACHERS ASSOCIATION SCHOLARSHIP

Sponsored by the Jefferson County Retired Teachers Association
Student must plan to major in education

Apply April

JEFFERSON MEMORIAL HOSPITAL AUXILIARY SCHOLARSHIP

Student must be planning to enter a health-related career

Apply April

JOEY MICHAELS MEMORIAL SCHOLARSHIP

Apply April

JOHN M. TOOMEY MEMORIAL SCHOLARSHIP

Academic scholarship

Apply April

KANSAS/TALBOTT VOLUNTEER FIRE DEPARTMENT

A senior who has volunteered in the community

Apply April

LINK SCHOLARSHIP

Must be a member of the LINK Program

Apply February

MARY ELLEN HARDY MEMORIAL SCHOLARSHIP

Apply April

MARY EMMA HAIRSTON MEMORIAL SCHOLARSHIP

Student of Color

Apply April

MILLION DOLLAR REALTOR SCHOLARSHIP

Academic scholarship

Apply April

NEW MARKET MASONIC LODGE

Not required to be a New Market resident (need based)

Apply April

PRESBYTERIAN CHURCH SCHOLARSHIP

Must be a member of Presbyterian Church, U.S. Citizen, high school graduate or GED recipient, and demonstrate financial need

Apply May

ROTARY CLUB OF Jefferson City

Student must apply for scholarship
One recipient will be a vocational/technical student
Four \$1,000 scholarships available

Apply March

RURITAN NATIONAL FOUNDATION - "DOUBLE YOUR DOLLAR"

Applicant must be recommended by two active Ruritans

Apply February

SAM WALTON COMMUNITY SCHOLARSHIP

Applicant must be a senior
Not eligible: Wal-Mart/Sam's Club associates and/or their dependents, already receiving a full scholarship, or accepted to a government military academy

Apply December

SARAH ELIZABETH ROGERS MEMORIAL SCHOLARSHIP

Must be senior planning to major in the field of music

Apply May

STEVE MCCULLEY MEMORIAL SCHOLARSHIP

Senior athlete with community service experience

Apply February

TARR CHEVROLET SCHOLARSHIP

Senior planning to attend Carson-Newman College

Apply May

TENNESSEE SCHOOL OF BEAUTY

Available to seniors who are interested in pursuing a career in cosmetology

Apply March

VETERANS OF WAR

Available to all students
Essay required

Apply September

WAL-MART FOUNDATION COMMUNITY SCHOLARSHIP

Open to any student from Jefferson County
\$1,000 Scholarship

Apply February

WBIR-TV SCHOLARSHIP

Any senior with academic potential, community involvement,
Letters of recommendation required

Apply February

WHITE PINE HIGH SCHOOL ALUMNI SCHOLARSHIP

Must be resident of White Pine community
Must be son/daughter, grandson/granddaughter of a
White Pine or JCHS graduate

Apply April

WHITE PINE LIONS CLUB SCHOLARSHIP

Must be resident of White Pine

Apply February

WHITE PINE RURITAN SCHOLARSHIP

Must be resident of White Pine community

Apply March

WHITE PINE/LEADVALE MASONIC LODGE

Apply March

WILLIAM MOULDEN KIWANIS SCHOLARSHIP

Any senior who is in financial need for furthering his/her education

Apply April

MEDICAL/PHYSICAL DISABILITIES

Some scholarships are offered to those with certain medical or physical disabilities. There are scholarships for those suffering from asthma, visual impairments, chronic diseases, etc. Many of these scholarships will be made available to your guidance office or you may want to check medical facilities and organizations in your community. If you have either a physical or learning disability, you should ask your counselor to put you into contact with your state Vocational Rehabilitation office. These offices will help you, should you qualify, for financial assistance to attend post high school training. It is well worth the effort.

NATIONAL



SCHOLARSHIPS

**See the College/Career Counselor
for application forms and
specific application deadline dates.**

AAA TRAVEL SCHOLARSHIP

Available to 9-12th graders; take a travel trivia quiz;
Apply online at www.aaa.com/travelchallenge

Apply January

AID ASSOCIATION FOR LUTHERANS

Applicant must have AAL insurance or AAL annuity
Various awards available

Apply November

AMERICAN CANCER SOCIETY SCHOLARSHIP

Has had a diagnosis of cancer before the age of 21; must have a GPA of at least 2.5; apply online at www.cancer.org

Apply February

AMERICAN FIRE SPRINKLER ASSOCIATION

Essay required

Apply December

AMERICAN FOREIGN SERVICE ASSOCIATION

Available to 9-12th graders; essay required

Apply March

AMERICAN LEGION AUXILIARY NATIONAL PRESIDENTS SCHOLARSHIP

Senior, must complete 50 hours of volunteer services

Apply February

AMERICAN LEGION VARA GRAY

Daughter/son of a veteran, must be a senior who must complete 50 hours of community service

Apply February

AMERICORPS

After service, \$4,725 awarded for educational plans

Apply April

ASTHMA ATHLETE OF THE YEAR SCHOLARSHIP

Senior student who has asthma and has excelled in academics and athletics; \$5,000 to \$10,000 awards

Apply March

AYN RAND ESSAY CONTEST ON "THE FOUNDATIONHEAD"

Top award is \$5,000 for winning essay;
available to 11th & 12th graders; apply online: www.aynrand.org

Apply April

AYN RAND ESSAY CONTEST ON "ANTHEM"

Available to 9th & 10th graders; apply online: www.aynrand.org

Apply April

BETA CLUB SCHOLARSHIP

Senior student in Beta Club; Top four winners receive \$10,000

Apply November

C-SPAN'S NATIONAL SCHOLARSHIP COMPETITION

Essay answered with written word, videotape, art, or photo journal

Apply March

COCA-COLA SCHOLARS

Open to all students; Top award \$20,000

Apply October

DECA SCHOLARSHIP

See sponsor for details

DEVRY SCHOLARSHIP

ACT composite of 24 or higher

Apply February

DISCOVER CARD SERVICES

Open to all juniors with GPA 2.75 and above

Apply January

DURACELL/NSTA SCHOLARSHIP COMPETITION

Create a device using batteries; Open to all students grades 9-12
Top award \$20,000

Apply January

EDUCATIONAL COMMUNICATION SCHOLARSHIP FOUNDATION

Open to any student; \$1,000 to at least 150 students; \$3.50 application fee
Apply June

ELKS "MOST VALUABLE STUDENT" AWARD

Essay and documentation of activities and awards required

Apply January

FCCLA SCHOLARSHIP

Must be a member

Apply March

GEORGE WASHINGTON HONOR SOCIETY

Academic scholarship

Apply November

GLOBAL CITIZENS AWARD

Senior essay; apply online: www.eftours.com

Apply January

GUIDEPOST YOUNG WRITERS SCHOLARSHIP

\$10,000 scholarship available to 11th & 12th graders

Apply November

MULTIPLE SCLEROSIS ASSOCIATION OF AMERICA

Nationwide essay contest open to students grades 10-12

Apply May

MENSA EDUCATION FOUNDATION

Write essay describing career and academic goals

Apply January

NASE FUTURE ENTREPRENEUR OF THE YEAR

\$12,000 Scholarship and (22) \$4,000 Scholarships; Essay required

Apply April

NATIONAL ACADEMY OF AMERICAN SCHOLARS

Must be a U.S. citizen who is graduating and has been accepted or plans on being accepted to a 4-year college or university, planning to pursue a bachelor's degree, or its equivalent

Apply April

NATIONAL ACADEMY OF TELEVISION, The

Student who seeks a career in Mass Communications, Television, Broadcasting, Video, or directly related field

Apply March

NATIONAL FFA

180 Scholarships available relating to agriculture

Apply February

NATIONAL WILD TURKEY FEDERATION

Senior with 3.0+ GPA, attending college, must participate in hunting sports, community involved, an essay, autobiography, 3 recommendation letters

Apply December

NO-ADDICTION SCHOLARSHIP

Available to 9-12th graders; essay required

Apply October

OLIN L. LIVESEY SCHOLARSHIP FUND

500 Scholarships awarded nationwide; processing fee of \$12.50

Apply May

RON BROWN SCHOLAR PROGRAM

African-American senior

Apply January

SCHOLAR ATHLETE MILK MUSTACHE

A senior athlete with outstanding academics

Apply February

SCHOLARSHIP AWARDS FOR COMMUNITY SERVICE

Dillards and *The Denim for Her* stores offer \$50,000 for women who have demonstrated community service. Applications available in Dillards Stores

Apply March

SERVICE MERCHANDISE

Applications available at Service Merchandise store locations
Apply November

SKIRBALL ESSAY CONTEST

Winner of essay about "What does U.S. history teach you about the role of immigration in the creation of American Society?" \$5,000 Award
Apply March

SMITHSONIAN EDUCATIONAL INTERNSHIP

Opportunity to work at the Smithsonian Institute during the summer
Apply March

TANDY TECHNOLOGY SCHOLARS

Be in top two percent of class
Apply October

TARGET ALL-AROUND SCHOLARSHIP

Emphasis on volunteer service in community
Applications available at Target Stores
Apply September

TENNESSEE NATIONAL TEENAGER SCHOLARSHIP

Judging based upon scholastic achievement, leadership, communication, and overall appearance
\$10,000 Award
Apply May

TRAVEL IS EDUCATION ART SCHOLARSHIP

Available to 9-12th graders; apply online: www.acis.com

U.S. SENATE YOUTH PROGRAM

Students in student government are eligible
\$2,000 Award
Apply October

USA TODAY ACADEMIC TEAM

\$2,500 to 20 students nationwide. Open to strong academic students.

VEGETARIAN RESOURCE GROUP

Available top any senior who promotes vegetarianism
Apply February

VOICE OF DEMOCRACY CONTEST

Prepare a three-minute tape for competition
\$20,000 Award
Apply November

STATE SCHOLARSHIPS



**See the college/career counselor for
application forms and
specific application deadline dates**

ALCOA FOUNDATION SONS AND DAUGHTERS SCHOLARSHIPS

Senior whose parent(s) are employees of Alcoa and its wholly-owned subsidiaries who are U.S. based, full-time permanent employees

Apply December

DEPENDENT CHILDREN SCHOLARSHIP

Must be dependent of either deceased or disabled firemen, law officers or EMTs who were injured or killed in the line of duty

Apply June

LABOR SCHOLARSHIP ESSAY CONTEST

For contest winner judged by the Tennessee Community Action Program; \$3,000 Award

Apply April

LUCENT SCHOLARSHIP

Graduating senior with outstanding academic achievement in math and science, U.S. citizen, and interested in pursuing a career in information technology

Apply February

NATIONAL CHEVROLET – MICHELLE KWAN SCHOLARSHIP

Get an application on-line

Apply February

NATIONAL DISCOVER CARD TRIBUNE AWARD

Juniors only

Apply December

NATIONAL KOHL'S SCHOLARSHIP

Pick-up applications at Kohl's stores or on-line

Apply February

NED MCWHERTER SCHOLARSHIP

An entering freshman with at least 3.5 GPA and 29 ACT or 1280 SAT
Must also enter a TN institution and full-time student

Apply January

ROBERT C. BYRD HONORS SCHOLARSHIP

A Tennessee resident with at least 3.5 GPA and 24 ACT score

Apply February

SAE ENGINEERING SCHOLARSHIP

High school senior intending to enroll in an engineering program accredited by the Accreditation Board of Engineering and Technology

Apply November

STATE 4-H SCHOLARSHIP

Must be 4-H member

14 Different scholarships available with one application

Apply March

TBFAA YOUTH SCHOLARSHIP

A graduating senior whose father, mother, or legal guardian who is a full-time active employee of the police department, or volunteer member of the fire department in TN

Apply February

"TEN FOR THE FUTURE" SCHOLARSHIP

Available to students in the east Tennessee area who document financial need.

Several \$5,000 scholarships awarded

Apply February

TENNESSEE EDUCATION ASSOC. FTA – Don Sahli-Kathy Woodall Scholarship

Senior planning to major in education in a TN college, be in a FTA chapter affiliated with TEA in high school

Apply February

TENNESSEE ELKS ASSOCIATION – Scholarship in Nursing

Applicant must be a senior planning to become a nurse

Apply December

TENNESSEE ELKS NATIONAL FOUNDATION – MVSS

A senior who is a U.S. Citizen

Apply December

TENNESSEE READY MIX CONCRETE ASSOCIATION

Essay required

Apply October

"WHAT FREEDOM MEANS TO ME" ESSAY CONTEST

Sponsored by *Music Mansion* and *Tennessee National Guard*

Apply May

TENNESSEE STUDENT ASSISTANCE CORP. MINORITY TEACHING FELLOWS PROGRAM

Entering freshman with a 2.75 or better H.S. GPA; at least an 18 ACT score; agree to teach at a K-12 public school 1 year for each year awarded; continue college with 2.5 or better GPA

Apply March

**FINANCIAL ASSISTANCE
For a Post-secondary Education**

FEDERAL AND STATE PROGRAMS ADMINISTERED BY THE
Tennessee Student Assistance Corporation
Suite 1950, Parkway Towers
404 James Robertson Parkway
Nashville, TN 37243-0820
(615) 741-1346 (800) 342-1663

ROBERT C. BYRD HONORS SCHOLARSHIP PROGRAM

Entering freshmen who graduated from high school; GED recipients have one year from date of obtaining their GED to apply for the award.

- Must have achieved a 3.5 GPA on a 4.0 scale in high school or have an average GED score of 57 or higher
- Students with at least a 3.0 average in high school with an ACT or SAT in the top quartile nationally may also apply.
- \$1,500 award, renewable for a total of 4 years

REQUIREMENT: Tennessee resident
HOW TO APPLY: Robert C. Byrd Scholarship Application
CONTACT: High School Counseling Office or TSAC

FEDERAL PARENT LOAN FOR UNDERGRADUATE STUDENTS PROGRAM (PLUS)

Long term, variable interest rate not to exceed 9%

- Cost of education minus other financial assistance equals amount allowed to borrow
- Repayment starts within 60 days after loan is fully disbursed

REQUIREMENT: Tennessee parent whose dependent is attending an eligible post-secondary institution; or an eligible non-resident parent whose dependent is attending an eligible Tennessee institution
HOW TO APPLY: PLUS Application
CONTACT: Financial Aid Office, Lender, or TSAC

FEDERAL STAFFORD LOAN PROGRAM

Long term, low interest loan from private lenders

- Undergraduate and graduate students carrying at least one-half the normal academic load at an eligible institution
- Up to \$2,625 per academic year for first year undergraduates; \$3,500 for 2nd year undergraduates; up to \$5,500 per academic year for undergraduates who have completed their 1st and 2nd year, but have not completed their program with an aggregate limit of \$23,000

Up to \$8,500 per academic year for graduate or professional students with a total aggregate limit of \$65,500 including undergraduate loans

Subsidized: Need based; must apply for Federal Pell Grant; eligible for Federal interest benefits

Non-subsidized: Student pays interest or capitalized (adds accrued interest to loan principal) while in school or in deferment, must first apply for subsidized Stafford Loan and Federal Pell Grant

REQUIREMENT: Tennessee resident attending an eligible post-secondary institution in Tennessee

HOW TO APPLY: Federal Stafford Loan Application

CONTACT: Financial Aid Office, Lender, or TSAC

NED MCWHERTER SCHOLARS PROGRAM (Formerly Tennessee Academic Scholars Program)

Entering freshmen with a 3.5 high school GPA and an ACT or SAT in the top 5% nationally

- Up to \$6,000 annually for a maximum of 4 years to attend an eligible Tennessee institution

- Highly competitive

REQUIREMENT: Tennessee resident who plans to attend an eligible Tennessee institution

HOW TO APPLY: Ned McWherter Scholars Program Application

CONTACT: High School Guidance Office or TSAC

TENNESSEE STUDENT ASSISTANCE AWARD (TSAA)

A non-repayable grant for undergraduate students

- A maximum of \$1,482 per year currently at eligible Tennessee post-secondary institutions

- Need based

- Priority Deadline: April 1, prior to the award year

REQUIREMENTS: Tennessee resident; must be eligible for Federal Pell Grant; U.S. Citizen

HOW TO APPLY: The Free Application for Federal Student Aid (FAFSA)

CONTACT: High School Guidance Office, Financial Aid Office, or TSAC

**INDIVIDUAL
COLLEGE
SCHOLARSHIPS**



**See the college/career counselor for
application forms and
specific application deadline dates**

All colleges and universities provide a generous scholarship program for their students. These scholarships are available to incoming freshmen and upperclassmen. Each college/university will set its own standards and requirements for its free monies. These standards will vary from college to college. Students are encouraged to read each college catalog and/or prospectus to learn about the scholarship offerings. Deadlines are extremely important. The following contains a sampling of the scholarships available at a few Tennessee colleges.

Carson-Newman College

Variety of academic scholarships available
Bonner Scholarship based upon community services
Church-related scholarships
Presidential - 1300 SAT; 30 ACT; 3.5 GPA
Academic - ACT 26-29; SAT 1150; 3.25 GPA
Special Achievement - ACT 21-25; SAT 1000; 3.0 GPA
Minority Grant
Music Scholarships
Band Scholarships
Ministers' Dependent Grant
Multi-dependent Grant
Transfer Grant

East Tennessee State University

Variety of departmental scholarships
Academic performance scholarships
Music scholarships
Honors Program
"Balanced Male" Scholarship - sponsored by Sigma Phi Epsilon Fraternity
(application due in June)
EdScholar (ACT 25; GPA 3.5)

Applications due February

Tennessee Technology Center at Morristown

Eugene Smith Scholarship
Pell Grants Available
Fees for 1996-96 - \$103 per quarter, plus books and supplies

Middle Tennessee State University

Various academic scholarships
Leadership awards
Presidential Scholarship (75% tuition) - automatic to students with 3.5 GPA
and 28 ACT
Special awards of \$1,500, \$1,000, and \$500 to students planning to major in
biology. Must take qualifying exam.

Applications due March

Pellissippi State Community College

Honors Program - covers full tuition, 3.5 GPA and 25 ACT to apply
Foundation Scholarships - 2.5 GPA
Work-Study Scholarships - Amount varies

Applications due April

Tennessee Tech

Various academic awards
Foreign language awards - special application
Engineering scholarships - qualifying test

Applications due February

University of Tennessee-Knoxville

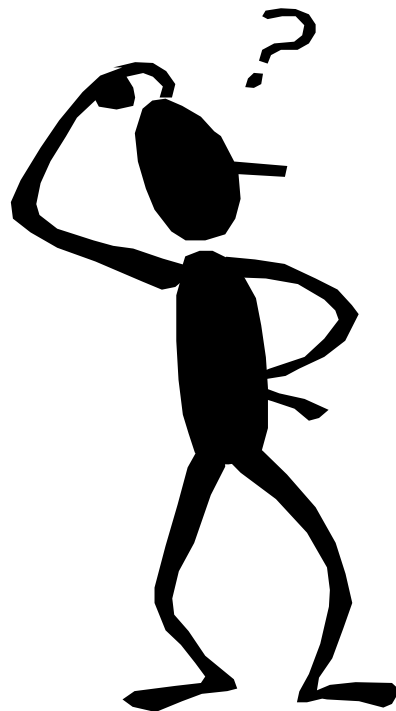
African American Academic Achievers (\$10,000) - 3.4 GPA, 25 ACT or 1030 SAT
Bicentennial - Tuition - 3.75 GPA, 31 ACT or 1280 SAT
Tennessee Alpha Chapter of Sigma Phi Epsilon (\$1,000) - Male with 1.75 GPA (separate application)
Alpha Sigma Chapter of Pi Kappa Phi (\$500) - Male (separate application)
Whittle Scholars - Must be nominated by teacher or counselor by January 1. lengthy application and interview. Very competitive. (\$8,000/year for 5 years)
Grace Moore Scholarships in voice (audition)
Band, majorette, and flag corps (audition)
Black Teacher of Tomorrow, Education Department (Separate application due March 1)
Business Department (Separate application due February 15)
College of Agriculture - McClanahan Scholarship - \$3,000/year (Separate application due December 1)
Volunteer (Tuition; 3.75 GPA, 29 ACT)

Walters State Community College

Top 10% Scholarship - Tuition for 2 years
Academic Awards - 2.9 GPA and 19 ACT
Lynn Finchum Memorial Scholarship (Agriculture Majors)
Winfred Moore Memorial Scholarship
Dr. J. Eugene and Thelma J. Howard Scholarship
William D. Eversole Memorial Scholarship for Pharmacy Majors

LOCAL COLLEGE

CONTACT INFORMATION



LOCAL AREA COLLEGES

Walters State Community College
500 South Davy Crockett Parkway
Morristown TN 37813-6899
(800) 225-4770

Carson-Newman College
Russell Street
Jefferson City TN 37760
(800) 678-9061

University of Tennessee, Knoxville
320 Student Services Building
Knoxville TN 37996-0230
(800) 221-VOLS

East Tennessee State University
P O Box 70731
Johnson City TN 37614
(800) GO-2-ETSU

Tennessee Technology Center
821 W Louise Avenue
Morristown TN 37813
(423) 586-5771

Tennessee Technological University
Campus Box 5006
Cookeville TN 38505
(800) 255-8881

Pellissippi State
P O Box 22990
Knoxville TN 37933-9966
(800) 548-6925

Maryville College
Maryville TN 37804
(800) 597-2687

Tusculum College
P O Box 5097
Greeneville TN 37743
(800) 729-0256

University of Tennessee, Chattanooga
615 McCallie Avenue
Chattanooga TN 37403-9988
(800) UTC-MOCS

ITT Technical Institute
1028 Technology Drive
Knoxville TN 37932
(865) 671-2801

Middle Tennessee State University
Murfreesboro TN 37132
(800) 331-MTSU

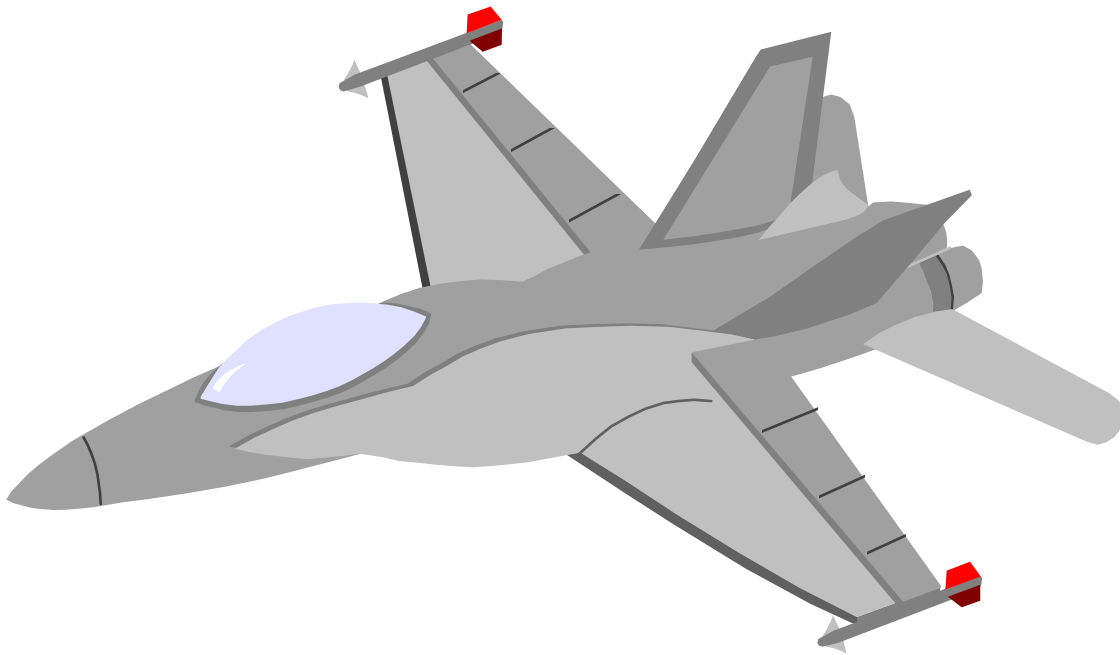
Knoxville College
901 College Street
Knoxville TN 37921
(800) 743-5669

Lincoln Memorial University
Cumberland Gap Parkway
Harrogate TN 37752-0901
(800) 325-0900

Visit Tennessee Higher Education Commission
For links to colleges, universities,
Community colleges, or technical centers
In Tennessee: www.state.tn.us/thec/tn_campus.html

MILITARY

OPPORTUNITIES



MILITARY OPPORTUNITIES

Our five military academies are the most selective colleges in the United States. Entrance to each service academy is based upon the following for each candidate: ACT/SAT scores; academic records and education; character evaluations; physical fitness; and medical qualifications. Each candidate must initially be nominated by a U.S. Senator, U.S. Representative, or the Vice President of the United States. Positions are also available for sons and daughters of Medal of Honor recipients, deceased or disabled veterans, and/or prisoners of war. Deadlines are extremely important. The application process should begin in the spring of the junior year.

U.S. Air Force

Director of Admissions
U.S. Air Force Academy
2304 Cadet Drive, Suite 200
USAF Academy, CO 80840-5025
(719) 472-2520

U.S. Merchant Marine

Admissions Office
U.S. Merchant Marine Academy
Kings Point, NY 11024
(516) 773-5391
(800) 732-6267

U.S. Army

Director of Admissions
U.S. Military Academy
606 Thayer Road
West Point, NY 10996-1797
(914) 938-4041

U.S. Navy/Marines

U.S. Naval Academy
Attn: Candidate Guidance Office
117 Decatur Road
Annapolis, MD 21402-5018
(410) 293-4361
(800) 638-9156

U.S. Coast Guard

Director of Admissions
U.S. Coast Guard Academy (1)
15 Mohegan Avenue
New London, CT 06320-4195
(203) 444-8501

RESERVE OFFICERS TRAINING CORPS (ROTC)

The Reserve Officers Training Corps (ROTC) offers students the opportunity to attend the university of their choice, with the United States Government paying from between one-half to full tuition cost. Each student is also provided with a monthly stipend. Upon graduation, students are commissioned as officers. Mandatory service time may vary from four to six years, depending upon assignment. ROTC programs are available on selected campuses. The application process may begin in the spring of the junior year. Applications are normally due in December. These scholarships are very competitive. Information on these programs may be obtained by writing or calling the following:

U.S. Air Force

HQ AFROTC/RROO
551 E. Maxwell AFB, AL 36112-6106
(205) 953-2091

U.S. Navy/Marines

Navy Opportunity
Information Center
P O Box 9406
Gaithersburg, MD 20898-9979
(800) 327-NAVY

U.S. Army

U.S. Army ROTC
Gold QUEST Center
P O Box 3279
Warminster, PA 18974-0128
(800) USA-ROTC

Command General
Marine Corps Recruiting Com.
Headquarters U.S. Marine Corps
2 Navy Annex
Washington, DC 20380-1775
(703) 614-8541/1356

**STAYING
CONNECTED**

WHEN YOU STOP CONTROLLING, YOU GAIN CONTROL

The following true story is being shared with you because of a mother's interest in helping other parents. A very distraught mom called her daughter's counselor to explain that on the previous night her daughter's boyfriend, assisted by the police, came to her house and took the daughter out of the home at the request of the eighteen year old daughter. You are probably asking yourself, "How can this happen?" Let me assure you this is legal and the mom has given permission to share her story. The next day the mom came to school hoping to be able to talk with her daughter. While waiting for her daughter the mom was given the following information to read explaining a different approach in dealing with teens. As the meeting began with the mom and daughter, mom looked into her daughter's eyes and said, "I am so sorry, I did not realize that I was trying to control you. Will you please forgive me?" Simply after reading this information, mom realized how things needed to change. Her willingness was the first step in improving the situation with her daughter. This mom wants you to be able to avoid the difficulties that she has experienced. The mom strongly believes that this different approach could have helped her prevent this situation if she has practiced the skills described in the following pages. As a parent can you ask yourself the following questions: Do I want to have more influence with my teen? Would I like to see my teen be happier? If the answer is yes please read on about a different approach with teens called "choice theory." Please don't be frightened by the word "theory"- it is practical strategies to try with your teen. If you want to know more than what is written here please call the counseling office at 397-7382, and ask to borrow a copy of the book, Unhappy Teenagers; A way for parents and teachers to reach them, by Dr. William Glasser, M.D. The following is an excerpt from this book:

When you Stop Controlling, You Gain Control

Why can't I seem to get along with my teen?

Even though it doesn't seem this way to you, it is no more difficult to get along with your teenager now than it was when he/she was younger. Why you can't is caused by how you're both *choosing* to behave. His/her challenging behavior is normal. Unfortunately, by choosing to do what parents have done for generations when challenged by a teen, your controlling behavior is normal, too. What you are doing or thinking about doing has not worked in the past, is not working now and it will not work in the future. Still, you keep choosing to do it. You could record your last argument and when the next one starts, say, "Why don't I just play the tape of our last argument. It will save us time and energy and the result will be the same."

You cannot control an adolescent's behavior when you are away from him/her and very little when you are. What you can control is your own behavior. Yours is the only behavior you can control, so it makes sense to stop doing what doesn't work and start doing what does.

Almost everything I explain will lead you to deal with your teenager differently from what you believe you should do. By doing so, instead of your relationship with him/her deteriorating, you will not only keep whatever closeness you may have now, you will most likely get even closer. As you do, you will be pleasantly surprised by the change in both of you.

How can my teenager and I be happy?

What I have learned is that everyone like you, who cannot get along with your teenager, is best described as unhappy. To become happier, I suggest you use choice theory to improve your relationship. You will know when you succeed because both you and your teen will be happy. When we are unhappy our first thought is to do something. Threatening, punishing or bribing will be your most common choices. There is also the remote possibility that you will try to change your own behavior in ways that will, even in this moment of trouble, get you closer to your child.

When we are happy our life tends to expand; when we are unhappy our life tends to contract. As soon as you become unhappy with your teenager, you tend to stop doing things with him/her and start doing things to him/her, things that I will later describe as using the *seven deadly habits*. As long as you were happy, you did more things with your teen and encouraged your teen to do more things for himself/herself. The happier you both are, the more you do with each other. I am not saying that you have to do things with a teenager like you did with a preteen but it helps to talk, listen, and share on a different level with this more mature person.

Choice theory explains that each of us is born with five basic needs, and all behaviors, whether positive or negative, serve a purpose in satisfying these basic needs. At the center of human motivation are five basic needs built into our genetic structure: *survival, love and belonging, power, freedom, and fun*. If we can learn to satisfy these needs, and not frustrate others in the attempt, we will be happy. Unhappiness results when we are unable to satisfy one or more of these five needs.

Our need for love and belonging is what drives us toward trying to figure out how to get and stay connected with others. Our need to satisfy relationships is as much built into our genes as our need to eat and drink. Unfortunately, we also have to contend with our need for power. It is your need for power and your teen's resistance to it that has gotten you into the trouble you may be experiencing now.

What happens in our lives is that the need for power and love is often in conflict. You may succeed in keeping your teen in the house when he/she wants to get out but you will fail in keeping the relationship as strong as you would like it to be. He/she will not buy your argument that you chose to ground because you love him/her. If you plan to satisfy your need for power, you have to figure out how to satisfy it without losing your connection with the people you need. The only way we can do this is to gain the respect, trust and love of the people in our lives. If we try to control them we may maintain their love, but we will never gain their respect or trust. When we are respected, trusted, and loved we feel powerful.

To help us escape the control of others, the need for freedom was built into our genes. The opportunity to satisfy our need for freedom is often very difficult within the family environment. It is especially hard for a parent of a teen who wants more freedom than the parent believe he/she can handle.

The need for survival and fun are easier to fulfill. Survival is obvious; fun is not. I believe that having fun, a very good feeling, is our genetic reward for learning. If you ask a child whether he/she had a good teacher in school, as I have done many times, the teenager will say, "yes". When asked why, the teen will say, "She makes learning fun." If you maintain a good relationship, these needs will usually be met. Now that you have a better understanding of how our basic needs allow us to be happy or unhappy, we will now focus on external control.

Why can't I seem to control my teen?

First of all external control is the psychology that, essentially everyone in the world uses when he/she is having difficulty getting along with another person. You may be experiencing difficulty with more than one person but the way you deal with it is the same. In any disconnecting situation, the person with the power usually initiates the external control. For example, you use it on your teen; your boss uses it on you. If the power is equal or close to equal, both will try to use it on the other, as in many marriages. Once started, both parties tend to use it and the relationship grows weaker and weaker.

I call it external control because it is the direct opposite of self-control. People who use it spend all their efforts trying to change others, and very little effort trying to make changes themselves. When your teen is doing something you do not want him/her to do, you tend to waste a lot of effort trying to make changes. This effort may be better spent learning new ways to deal with your teen. In order to give your teen some indication that you do not need to have all the power, giving in may be a good alternative.

The seven deadly habits of external control include as follows: *criticizing, complaining, nagging, threatening, punishing and rewarding to control*. If you eliminate

these deadly habits from your dealings with your teenager, you will start to get along with each other better, immediately. Almost all relationships can be resuscitated by giving up the deadly habits even if only one party stops using them. If both are willing to do this, literally, any relationship has a good chance of being saved. As soon as you saw the habits above, you probably recognized your use of them with your teenager and, possibly, with a few other people in your life. From experience, I also know that the idea of giving them up is hard for people to contemplate. If we were together, you may say, "What are you trying to tell me? So, when that kid doesn't obey me, you suggest I do nothing. I don't understand." You are right, you don't understand. I didn't say do nothing. I said do something very tangible, something you may not have done before, maybe something you've never done when that teen did something you "knew" was the wrong thing to do. Give up using these habits. This is far more than doing nothing. Just giving them up will do a great deal but I also suggest that you replace them with what I call the seven connecting habits: *caring, trusting, listening, supporting, negotiating, befriending, and encouraging.*

Do not wait for trouble. Start using the connecting habits right away. They will immediately strengthen your relationship. Do not take for granted that you teen knows you love him/her. Make an ongoing effort to connect by using the seven connecting habits.

Choice Theory a simple but powerful solution

Choice theory explains that we choose everything we do which means each one of us can only control our own thoughts and actions. By using a great deal of coercion, we can control the actions of other people but we can never control their thoughts. As soon as your teen is out of your sight he/she can do anything he/she pleases. How far he/she will deviate from what he/she knows you want them to do will depend on the strength of your relationship. The stronger it is, the more he/she will behave the way you want him/her to when he/she is on their own.

If you can accept the simple but powerful idea that we all choose everything we do, you will have learned a basic choice theory premise. You have choices and your

teen has choices. Neither of you is forced to act a certain way; both of you can make a different choice. If you are not getting along well, a better choice is almost always possible. For example, grounding a seemingly out of control teen is rarely the best choice.

Learning that you are choosing what you say and do, will help you to stop saying, "He/she made me do it." If you think back over a recent angry interchange with your teen, you will hear yourself repeating what your parents said when they grounded you, "You asked for it. You did not ask to be grounded and more than you teen is now. You chose to ground him/her. Blaming your behavior on him/her will make it even harder to solve the problem. As uncomfortable as you may be now, feeling better is within your grasp. In order to accomplish this, you need to learn to make better choices when dealing with your teen.

There is, however, a serious problem you are not aware of that may stand in the way of your making these better choices. This problem is your common sense. It is your common sense, supported by the common sense of people you talk with, that tells you to ground your teenager when he/she will not come home on time. Common sense is defined as believing so strongly that you are right, that it never crosses your mind to question this belief. Choice theory is not common sense and much of what I will suggest you do will go against your long held common sense.

From years of experience helping parents solve problems with their teenagers, I believe that if you were sitting here with me and I were explaining it to you, you would protest by saying, "I am not choosing what I am doing. It is that kid, he/she makes me crazy. What other choice do I have when he/she does not do anything I say? He/she looks at me like I have lost my mind when I ask him/her a simple question; like when are you going to be home or where are you going tonight? Okay, I lose it. I yell, scream, threaten and punish. What would you do in this situation? Just sit there and do nothing."

My answer to you is the answer I always give parents, "Learn and use choice theory, which will help you avoid situations like you just described. The whole point of this information is to learn what you do not know. If you keep doing the same common

sense things your parents did with you, their parents did with them and you are doing with your kids, nothing is going to change.

Be patient. It takes time to learn to use choice theory. When you do, you will soon begin to realize that during difficult times people around you are choosing what they say and do. They are doing it because they, just like you, believe that it is the right thing to do. Just as strongly as you think you are right, your teenager thinks you are wrong. It is almost never a simple question of right or wrong. In order to persuade him/her to think you may be right, you will need to be a lot less sure and a lot more willing to listen to his side of the story.

Once your teen becomes aware that you are willing to listen, he/she may recognize that his/her relationship with you is important. He/she will stop seeing you as being wrong and begin to see you as a parent who wants to keep the relationship strong. What choice theory teaches that I will try to teach you indirectly, and your teen indirectly through what I teach you, is to take the whole situation into account.

Learning to respect what the other wants even though you may not agree will accomplish much more with your teen than having each disagreement escalate into a power struggle. You will learn to disregard your common sense, which is telling you that *you are the parent, you have the power and you should use it*. The secret of a successful relationship with anyone when the power is unequal is for the person with the power to do as much as he/she can to respect the weaker person's position.

If you know ahead of time, which you always will, that the relationship between you and your teen is strained, you will realize that it is the time to work for a solution based on strengthening the relationship by not yielding to the temptation of exercising your power. This is the time to do all you can to respect the position of teen even if he seems to be so much in the wrong.

How many times in your life have you said something and then, immediately, thought, "I shouldn't have said that". You had that thought because you knew before you said it that you were going to harm your relationship. When you use choice theory you are always thinking and acting to preserve and strengthen your relationships. When

you come to a difficult situation you can use that strength to negotiate. What you negotiate may not be a perfect solution but it will not be a disaster.

What choice theory teaches, that makes it so difficult to practice, is that not only do we not know what is right for others; very often we do not really know what is right for ourselves. If you observe your family and friends, you will see that the happiest people are the ones who do not pretend to know what is right for others and do not try to control anyone but themselves. Further, you will see that the most miserable people are those who are always trying to control others.

As I mentioned earlier, the hardest part of putting choice theory to work in our life is to: *get rid of external control and all it's baggage such as the deadly habits*. Choice theory suggests that you replace these deadly habits with connecting habits. The best way to think of choice theory is that it is the exact opposite of external control; they have nothing in common. Trying to blend the two, even a little will harm any relationship. External control is an attempt to control others. Choice theory is a way to leave others alone and concentrate on controlling your own behavior. Doing this will help you stay connected with your teen and other important people in your life.